

A COMPREHENSIVE GUIDE TO PERSONAL PREPAREDNESS



Be Prepared Long Beach



***PRESENTED BY:
DISASTER PREPAREDNESS &
EMERGENCY COMMUNICATIONS DEPARTMENT
<http://www.longbeach.gov/disasterpreparedness/>***

UPDATED: APRIL 2014

The purpose of this guide is to provide you and your family with enough information to develop and complete a "Disaster Preparedness Plan".

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LOCAL DISASTERS

Local disasters can range from those affecting only you and your family such as a home fire or medical emergency, to those affecting your entire community such as an earthquake or a flood. How do you find out what natural hazards exist in your community? Here are the greatest risks identified in the City of Long Beach Hazard Mitigation Plan:

Disaster: Earthquake

Earthquake damage can extend for miles from the epicenter. Damage can include collapsed buildings, bridges, and overpasses; cracked roadways; downed power lines; broken gas lines; fires; explosions; landslides, and tsunamis.

Disaster: Tsunami

A large wave or series of large waves created by an undersea disturbance, such as an earthquake, volcanic activity or underwater landslide.

Disaster: Chemical or Biological Release

A chemical emergency can occur as an accident or as part of a deliberate plan. A biological emergency can be a natural outbreak of a disease or a deliberate release of germs or other substances.

Disaster: Fires

Fires can spread quickly. In five minutes, an entire house can be engulfed in flames. Often the heat and smoke can be more dangerous than the flames.

Disaster: Severe Weather

High winds, high surf and heavy rain are not uncommon to Long Beach.

BE PREPARED LONG BEACH

You need to be prepared to survive on your own for a period of 5 to 7 days after a major emergency. Your Emergency Kit should be easily accessible and stored in a “safe zone” in your home. Please consider including the following supplies in your emergency kit.

Safety Equipment: You will need a flashlight, AM/FM radio, extra batteries, first aid kit, eye dropper, fire extinguisher, matches, and light sticks.

Food: You will need a minimum 5 day supply of non-perishable canned/dried food. Remember to check the expiration dates regularly. Select foods that require no refrigeration, preparation, or cooking and which require little to no water. Include a selection of the following items in your emergency kit:

- Ready-to-eat canned meats, fruits, veggies, canned juices, milk, soup (may need extra water for cooking)
- Staples: sugar, salt, pepper & high-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons, or persons on special diets
- Comfort and stress foods such as cookies, hard candy, sweetened cereals, instant coffee, tea bags, etc.
- Have an alternative cooking source such as a barbeque, camping stove, etc. You will need fuel for the cooking source. Include a manual can opener, cooking and eating utensils in your kit. Infants, small children, seniors, or adults with special dietary needs will need items included in the emergency kit.

Water: You will need one gallon of water per person, per day. You should store water containers off of the floor on a shelf or pallet and in air-tight containers near your disaster kit. Replace it every six months.

Bedding: Sleeping bags and extra blankets will be extremely helpful. A camping tent can be a great way to help keep families warm during cool nights.

Clothing: Plan to have extra seasonally-appropriate clothing available. Extra shoes and socks are important for safety as well as reducing the impact of damp conditions.

Personal supplies: Personal hygiene items (toothpaste, tooth brush, soap, hand sanitizer, toilet paper, feminine hygiene supplies, etc.), toilet paper, paper towels, large plastic trash can with plastic liners, wet wipes, dust masks, contact lens solution, and/or spare eye glasses (both prescription and sun glasses). Rain ponchos, sturdy five gallon bucket and other camping gear will be extremely helpful.

Tools: Small tool kit, axe, shovel, crowbar, rope, knife, broom, sturdy bucket, adjustable wrench or pliers (to turn off utilities), whistle, gloves, dust masks, goggles, paper towels, refuse trash bags and duct tape should be included in the kit.

Other Considerations:

A cell phone/tablet with a charger could be used for communicating with family. Keep an emergency contact list with these items.

“Go Bags” for Evacuations

Each member of your family should have a “Go Bag.” This bag must be prepared so it can be retrieved quickly in the case of an evacuation.

“Information Kit”

Important information and records are often needed to provide services to you or a family member during an emergency situation. This information can be quickly and conveniently taken with you by creating an “Info Kit.” Store your important documents such as personal and financial records on a secure flash or jump drive that you can keep readily available.

CREATE A FAMILY PLAN

Families can help reduce the physical challenges as well as the stress of a disaster by preparing in advance. Working together as a team to develop an emergency plan that will keep everyone safe is an important exercise. Knowing what to do and how to do it can help your family manage the difficult days following a major disaster. Follow the suggestions provided below to create your family's disaster plan.

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Find the "safe spots" in your home for each type of disaster
- If you have children in school, make sure they understand the school plan and explain how you will get to them as soon as possible.
- Prepare emergency contact cards for each family member. Include contact information for each family member as well as extended family and friends who will help in a disaster. If you have small children, include your home address and phone number.
- Discuss how you are going to care for pets in an emergency.
- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911.
- Conduct a home hazard hunt.
- Take a Red Cross first aid and CPR class.

In planning for emergencies, develop a response that supports the needs of your household. Please consider:

- Individuals who are deaf should make sure that they can receive emergency alerts in an accessible form.
- Individuals who require accessible transportation should make an emergency plan.
- Households with infants should plan for food and supplies for infants and nursing mothers.
- People with special dietary needs should have an adequate emergency food supply to meet their needs.
- People who take medications should maintain an adequate supply, and copies of their prescriptions.
- People with service animals should make sure they have a kit with supplies (food, water, etc.) for their service animal.
- People who require power for medical or other assistive devices should consider how they will maintain the use of these devices if there is a loss of power.

All Family Members Need to Know:

- Discuss what is in your Emergency Kit, why it is important and where the kit is stored.
- Discuss what is in your "Go Bag," why it is important and where the bags are stored.
- Evacuation Plan for your house. Identify at least two evacuation routes from each room and practice the plan.
- Identify where you are going to meet if you must evacuate your home. The location should be near your home and easily identified at night or day.
- Identify where you are going to meet if you must leave your neighborhood or cannot return home.
- Always keep at least a half a tank of gas in your car at all times.
- Create a family communication plan. Use "out-of-state" contacts and "I.C.E."
- Practice "Drop, Cover and Hold On" (earthquake) and "Stop, Drop and Roll" (fire).
- Teach each family member how to use a fire extinguisher.
- Teach each family member how to turn off the water and electricity to your home.
- Teach each family member to look for the indicators of a gas leak. Only turn off the gas service if a leak is suspected.

PREPARE AND PLAN WITH YOUR CHILDREN

A child who knows what to do will feel more in control of their world in a crisis situation. You can help reduce the stress of the situation by having a conversation with your children about what they can do in an emergency. Include your children in the discussions when developing family response plans. Talk with your child about what to do and when to do it in each part of the family disaster plan.

Important Discussion Items:

In case of separation, children should know their family's personal information such as complete spelling of names, addresses, phone numbers, and other appropriate information. You can fill out a "Family Communications Plan Card," put it in an envelope and tape it inside a back pack or lunch box.

Every family member should have a "Family Communications Plan Card" which includes critical information as well as out-of-state contacts and I.C.E. Send this same information to your out-of-state contact as well as your I.C.E. contact.

<input checked="" type="checkbox"/>	Family Disaster Planning
	Know two escape routes from your residence as well as routes out of each room
	Designate a primary meeting area outside of your home for regrouping if you must evacuate your house
	Designate an alternative meeting area should you not be able to return to your home during an evacuation
	Be alert for unusual or strange smells or odors. If you experience this, tell an adult right away
	Never touch fallen utility poles or downed lines, stay away and tell an adult right away
	Know how to contact your out-of-state contact on a land line as well as a cell phone.
	Know how and when to call 911
	Practice role playing what to tell the 911 operator
	Practice role playing what to do when a parent or caregiver becomes suddenly ill or injured
	Rehearse Drop, Cover, and Hold On (Earthquake)
	Rehearse Stop, Drop and Roll (Fire)
	Notify your child's school of changes to address, phone numbers or other pertinent information immediately
	Talk to your child's school about the emergency plan for the school and make sure your child can explain it to you.
	Make sure you share a copy of your "Family Communications Plan Card" as part of the emergency information you provide to your child's school each year.

SPECIAL NEEDS FAMILY PLANS

You are in the best position to know your family's functional abilities and possible needs during and after an emergency or disaster situation. You can ease the stress of the situation by preparing in advance with your family and care attendants. You will need to create a personal support network and complete a personal assessment. As you prepare your family disaster kit, please remember the needs of your family members including infants, toddlers, seniors, as well as those with special needs will require additional assistance in your plan.

Infants, Toddlers, Children, Young Teens....

- Include the following items in your emergency kits (remember appropriate items for each child):
 - Formula, baby food, nutritional supplements and items required to prepare and clean baby bottles
 - Water, pedialyte, cans of clear juice
 - Fully stocked diaper bag including, diapers, wipes, bags for soiled items, diaper rash treatment items
 - Hygiene items for child, wipes, hand sanitizer, contact lens solution, etc.
 - Seasonal appropriate clothing
 - Carriers, stroller, car seats, bedding and blankets
 - Comfort Items – Stuffed animal, pacifier, battery powered entertainment/games, stuffed animal, cookies, books, paper and writing supplies, etc...
 - First Aid Kit with appropriate baby care items, medications for child
 - Medical records in an easily accessible location so you can include them in your emergency kit.
- Include appropriate items to address the needs of breastfeeding mothers.
- Store medical records in an easily accessible location so you can include them in your emergency kit.
- If the infant is in child care, make sure you are well versed in the program's emergency management plan. Maintain current contact information with the administration and vice versa.
- If the minor is in school, make sure you are well versed in the program's emergency management plan. Maintain current contact information with the administration and vice versa.
 - If your school requires you create an emergency kit for your child to take to school, include a comforting note for the child and let them know who will get to them. Also include a copy of your emergency contact list including your out-of-town contact.

Seniors

Include enough food and water in your emergency kits and consider the following items in the family disaster plans:

- Medications/prescription drugs for each person (example include Insulin, Dilantin, etc.)
- Specialized medical supplies and mobility equipment (examples include extra eye glasses, walkers, syringes, etc.)
- Special medical equipment or other assistive devices which require a power may need an alternative power source. Keep extra batteries for these specific items in your emergency kit (equipment examples include hearing aids, etc.). Other equipment may require power adapters or alternative power supply sources such as a generator (equipment examples include pumps, CPAP machines, etc.)
- Specialized hygiene materials required for medical conditions or equipment (examples include denture materials, contact lens materials, deionized water, hydrogen peroxide or rubbing alcohol, sterilization materials, etc.),
- Seasonal-appropriate clothing
- Entertainment Items – reading glasses, books, crossword puzzles, etc.

Special Needs

The American Red Cross and FEMA have excellent information on how to prepare for an emergency and planning to address the special needs. Please visit:

FEMA: www.ready.gov/ www.ready.gov/individuals-access-functional-needs

The American Red Cross: Greater Long Beach Chapter, www.redcrosslb.org/ www.prepare.org

ACCESS AND FUNCTIONAL NEEDS

Persons with disabilities as well as those with access and functional needs must be included in your emergency response plans.

Be sure to include the following considerations when developing your family emergency plan.

- Do you know where the predetermined meeting place is? Does anyone with mobility issues need assistance?
- Consider what modes of transportation you may use and think about what alternatives modes could be used as a backup plan.
- If you require special access transportation, be sure the alternatives you included in your plan are also accessible.
- When developing your family communication plan, make sure your out-of-state contact has the proper equipment to assist the hearing impaired, etc.
- When developing your emergency kit, make sure you have the ability to acquire and properly store at least 7 days' worth of medical supplies.
- If routine medical treatments are administered at a local clinic, hospital or home, develop a plan with the health practitioner for emergency events.
- If you have special equipment, tools, or aid specific to your disability, plan how you would cope without them. If you use a communication device, mobility aid or rely on a service animal, what will you do if these are not available?
- If you are dependent on life-sustaining equipment or treatment such as a dialysis machine, find the location and availability of multiple facilities in and out of your immediate area.
- For every aspect of your daily routine, plan an alternative procedure.

Complete your family emergency plan and write all of the special accommodations and directions down. Put them in an envelope and place it with your disaster kit or survival supplies.

PLANNING FOR YOUR PETS

Our pets enrich our lives in more ways than we can imagine. In turn, they rely on us for their safety and well-being. The best way to ensure the safety of your family is to be prepared with a disaster plan. If you are a pet owner, that includes your pets. Decide in advance how you will take care of your pet if you are not home and cannot get to them after an emergency occurs.

Before a disaster strikes, make sure that your pet's vaccinations are current and that all dogs and cats are wearing collars with securely fastened, up-to-date identification. Consider having your pet "micro-chipped" by your veterinarian. Take the following steps to prepare to shelter your pet.

Pet Survival Supplies

Food, drinkable water, bowls, and manual can opener	Five day supply of: food stored in an airtight and waterproof container and water separate from the human water supply.
Medications and medical records and a First Aid kit	Stored in a water proof container: additional medicines, medical and vaccination records, adoption records, etc.
Collar with ID, harness or leash	Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
Crate or Pet Carrier	A sturdy carrier or crate to transport pets safely (it should also be large enough for your pet to sit in, turn around and lie down in), bedding, blanket, etc.
Sanitation	Plastic bags, cat litter/pan, household bleach for disinfecting items.
Pictures	Current photos of your pets in case you get separated. This will assist with the reunion process.
Familiar Items	Toys, treats, or other familiar items will help your pet and will reduce stress.

During a Disaster

- Bring your pets inside immediately.
- Have newspapers on hand for sanitary purposes. Feed the animal moist or canned food so they will need less water to drink.
- Animals will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Never leave a pet outside or tied up during a storm.
- Separate dogs and cats. Even if your dogs and cats normally get along, the anxiety of an emergency situation can cause pets to act irrationally. Keep other small pets away from cats and dogs.

After the Disaster

- If, after a disaster, you have to leave town, take your pets with you. Pets are unlikely to survive on their own.
- Watch your animals closely and keep them under your direct control as fences and gates may have been damaged.
- Be aware of hazards at nose and paw level, particularly debris, spilled chemicals, fertilizers and other substances that might not seem to be dangerous to humans.
- In the first few days after the disaster, leash your pets when they go outside. Always maintain close contact. Familiar scents and landmarks may be altered and your pet may become confused and lost.
- The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.
- Consult your veterinarian if any behavior problems persist.

FAMILY COMMUNICATION PLAN

Your family may not be together when disaster strikes, so discuss how you will contact one another. Talk about what equipment can be used and how it works. Think about how you will communicate in different situations. Create an “Emergency Information Document” or “Family Communications Plan” to record how you will contact one another. Set up your plan using the tools you feel the most comfortable using.



- Complete a family communication card for each adult family member. Have them keep these cards handy in a wallet, purse or briefcase, etc. Additionally, complete contact cards for each child or extended family member you want to include in your plan.
- For school age children, put the contact cards in an envelope in their backpacks or book bags. You can tape the envelope to the inside of the backpack. Also include a comforting note for your child, tell them you love them and you will find a way to get to them as soon as possible. Tell your child's teacher or care provider you have done this so they know the resource is there.
- If you are a parent, or guardian of an elderly or disabled adult, make sure schools and care providers have emergency response plans. Ask how they will **communicate** with families during in a crisis. Ask about adequate food, water and other basic supplies.
- Register yourself on the American Red Cross “Safe and Well” website. Through this site, you can post messages to your family and they will know that you are safe and well. www.safeandwell.org
- Create a “Telephone Tree.” Identify a contact such as a friend or relative (who lives out-of-state or who lives outside of your area) to be the main contact for your telephone tree. This person will be the “go between” to assist your family members by relaying and sharing information. Include the out-of-state contact information for this individual on your contact cards. Remember to send a contact card to your out-of-state contact.
- Be sure that each person has a cell phone, coins or a prepaid phone card to call the emergency contact.
- If you have a cell phone, program that out of state person(s) as “ICE” (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your phone for “ICE” listings in order to get a hold of someone you know.
- Teach family members how to use text messaging (also known as SMS or Short Message Service). Text messages can often get around network disruptions.



The following are additional tips when making phone calls and using your smartphone during or after a disaster:

- Take the time to identify local offices or locations that provide wireless internet access (Wi-Fi) to visitors or patrons so you can use this service to communicate with family.
- Keep all phone calls brief - You need to convey only vital information to emergency personnel and/or family. This is your lifeline, use the available minutes wisely.
- If you are unsuccessful in completing a call using your cell phone, wait ten seconds before redialing to help reduce network congestion.
- Conserve your cell phone battery by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you are not using that draw power, unless you need to use the phone.
- If you lose power, you can charge your cell phone in your car. You can also listen to your car radio for news alerts.
- Immediately following a disaster, DO NOT USE your mobile device to watch streaming videos, download music or videos, or play video games, all of which can add to network congestion. Include a deck of cards, or other games in your Emergency Kits to keep your family occupied.
- For non-emergency communications, use text messaging, e-mail, or social media instead of making voice calls on your cell phone to avoid tying up voice networks. Data-based services like texts and emails are less likely to experience network congestion. You can also use social media (Facebook, Twitter, etc.) to post your status to let family and friends know you are okay.



SUGGESTED ITEMS FOR YOUR HOME EMERGENCY KIT

PREPARE AN EMERGENCY KIT

You need to be prepared to survive on your own for 5 to 7 days after a major emergency. One tool to ensure your family's well-being is to prepare a kit with emergency supplies to last a minimum of 5 days. Use the attached list as a guide to prepare your Emergency Kit.

<input checked="" type="checkbox"/> First Aid			<input checked="" type="checkbox"/> Sanitation
First Aid Manual	Medicine dropper		Toilet Paper/ Paper Towels/Towelettes
Sterile adhesive bandages (mixed sizes)	Rubbing alcohol		Soap/liquid detergent
Two Inch sterile gauze pads	Sunscreen		Feminine hygiene item
Four Inch sterile gauze pads	Thermometer		Personal hygiene items
Hypoallergenic adhesive tape	Scissors/Tweezers		Plastic garbage bags & ties
Triangular bandages	Activated charcoal		Plastic Bucket with tight lid (3 or 4)
Needles & Sewing Kit	Hot and Cold Compress		Disinfectant
Moistened Towelettes	Burn treatment items		Liquid hand sanitizer
Antibiotic ointment	Eye wash		Household bleach
Four inch sterile roller bandages	Prescription medicines you take daily		Water-purification tablets
Antibacterial cleaning agent/soap	Prescribed medical equipment used daily		Water Filters
Tongue depressors	Aspirin or non-aspirin pain reliever	<input checked="" type="checkbox"/>	Kitchen Items
Petroleum Jelly	Anti-diarrhea medication		Manual can opener
Assorted sized of safety pins	Antacid/Laxative		All-purpose knife
Non-latex gloves	Allergy medicine/Benadryl		Pots/Pans
Cotton balls/Q-tips	Hydrogen Peroxide/Beta dine/		Disposable plates, utensils and cups
<input checked="" type="checkbox"/> Tools and Supplies	Pen Light		Resealing plastic containers
Emergency preparedness manual	<input checked="" type="checkbox"/> Clothing/Bedding/Personal Effects		Resealing plastic bags
Flashlight (battery less/spare batteries)	Sleeping bags/blankets/tent		Aluminum foil
Lantern (battery less/spare batteries)	Rain gear/poncho/jackets/wide brim hat		Cooking equip/portable stove and fuel
AM/FM Radio- hand crank/spare batteries	Full change of clothes for each person		Plastic wrap
Fire Extinguisher	Sturdy shoes/Socks/Gloves/		Emergency candles
Tools (Shovel, Axe, Crow bar,	Toothpaste/Brush/Floss/Hair Brush	<input checked="" type="checkbox"/>	Food
Small hand tools (pliers, hammer, etc.)	Sunglasses/Rx Glasses/Contact Lenses		Water (one gallon per day per person)
Leatherman	Cell Phone/Tablet/Charger/Solar Charger		Ready to eat canned meats, veggies, fruits...
Duct and Masking Tape	Cash (small denominations) Credit cards		Canned juice, soups, instant coffee, tea
Compass/Signal mirror/Binoculars	Games/Books/Puzzles		Staples (salt, sugar, seasonings, oil, etc.)
Matches (waterproof container)/Lighter	Family and Pet Photos		High Energy
Work gloves/Dust masks	Maps of area and surrounding cities		Comfort foods
Whistle	Paper/pencils/pens/		
Plastic sheeting/Plastic tubing	Family Communication Card	<input checked="" type="checkbox"/>	Pet Kit
Tinder/Magnesium Fire Starter	Emergency Contact Information		Food/Water/Treats/Bedding/Crate/Toys
Generator and Fuel	<input checked="" type="checkbox"/> Special Needs Kit		Collar/Leash
Rope/Zip Ties/Wench Strap	<input checked="" type="checkbox"/> Go Bag		Vaccination Records/ Medicines
	<input checked="" type="checkbox"/> Information Kit		

PREPARE AN EMERGENCY KIT IN 21 WEEKS

The Long Beach Fire Department has partnered with the American Red Cross to prepare a plan to assemble in a cost effective and deliberate approach called "21 Weeks to Prepare."



Weeks to prepare

Weekly shopping list based on a family of 4

Week 1				
Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing in kit. Check off each item as you go. ___ A sturdy, easy-to-carry container to hold items (backpack, duffle bag or large tote) ___ A set of clothes and sturdy shoes for each family member ___ Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc.) ___ A 3-day supply of your medications ___ A current list of family phone numbers and e-mails including someone who can be reached if local lines are down ___ A map (mark an evacuation route on it from your local area) ___ Extra cash in small bills ___ Spare keys for house and car ___ Spare glasses or contacts and solution ___ Books or toys				
Week 2	Week 3	Week 4	Week 5	Week 6
___ 1 gallon water ___ 1 jar peanut butter ___ 1 box crackers ___ 2 boxes energy bars ___ weather radio \$1.75*	___ 1 gallon water ___ 2 cans meat/fish ___ 2 cans fruit/veggies ___ manual can opener ___ weather radio \$1.75*	___ 1 gallon water ___ 1 bottle juice ___ 1 pkg hand sanitizer ___ 1 antibacterial soap ___ weather radio \$1.75*	___ 1 gallon water ___ 1 liquid dish soap ___ 2 rolls toilet paper ___ 1 box facial tissues ___ weather radio \$1.75*	___ 1 gallon water ___ first aid kit & guide ___ latex gloves ___ tweezers ___ weather radio \$1.75*
Week 7	Week 8	Week 9	Week 10	Week 11
___ thermometer ___ allergy/pain reliever in childproof container ___ sunscreen ___ weather radio \$1.75*	___ 1 gallon water ___ feminine supplies ___ comb & brush ___ 1 potted meat ___ weather radio \$1.75*	___ towels & washcloths ___ toothbrushes & paste ___ shampoo, bar soap ___ deodorant ___ weather radio \$1.75*	___ umbrella/slicker ___ scarf ___ winter gloves ___ 1 bottle juice ___ weather radio \$1.75*	___ 1 gallon water ___ 1 pkg energy snacks ___ emergency blanket ___ matches ___ weather radio \$1.75*
Week 12	Week 13	Week 14	Week 15	Week 16
___ flashlight ___ batteries ___ cotton rope ___ 1 bottle juice ___ weather radio \$1.75*	___ 1 gallon water ___ screwdriver ___ utility knife ___ pliers ___ weather radio \$1.75*	___ 2 cans fruit/veggies ___ 1 pkg eating utensils ___ 1 pkg plastic cups ___ paper towels/napkins ___ weather radio \$1.75*	___ pet food & dishes ___ extra water ___ leash ___ litter pan/litter ___ weather radio \$1.75*	___ 1 gallon water ___ 2 cans meat/fish ___ cell phone & charger ___ dried fruits and nuts ___ weather radio \$1.75*
Week 17	Week 18	Week 19	Week 20	Week 21
___ 1 gallon water ___ extra flashlight ___ extra batteries for radio & flashlight ___ 1 bottle juice ___ weather radio \$1.75*	___ 1 gallon water ___ work gloves ___ dust masks ___ chlorine bleach ___ garbage bags & ties ___ weather radio \$1.75*	___ 1 gallon water ___ plastic sheeting ___ plastic bucket & lid ___ disinfectant ___ notepad & pen ___ weather radio \$1.75*	___ 2 boxes dry cereal ___ box graham crackers ___ whistle ___ duct tape ___ 1 pkg energy snacks ___ weather radio \$1.75*	___ comfort foods ___ scissors ___ extra blankets ___ small pillows ___ water container ___ weather radio \$1.75*

***Save \$1.75 a week and purchase your weather radio at the end of 21 weeks.**

Customize your kit for your family.

For Baby: baby food, formula, bottles, diapers, extra water for formula and washing bottles

For Seniors: oxygen, walker, adult diapers, hearing aid with extra batteries and extra medications

For Pets: carrier, medicines, inoculation and health records, ID tags, photo of you with your pet(s)

For Children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, books

Daylight Savings Time: When you change your clocks, check your kit! Replace expired food, medicine and batteries. Check clothing for fit and seasons. Also change smoke and carbon monoxide detector batteries.

For more preparedness tips, visit redcross.org.

PREPARE A “GO BAG”

A “Go Bag” is a personalized emergency kit for each member of your family. The items can be placed in a back pack, duffle bag or other easy to carry bag. Place your “Go Bag” in a convenient location so when you have to leave in a hurry, the bag is easily accessible. We recommend keeping a “Go Bag” by your bed, in your car or at your workplace. Have a “Go Bag” for your pets too.

Essential items include but are not limited to the following:

Individual Family Communication Card	Example is provided on the back cover of this booklet
Emergency Contact List	Example is provided in this booklet
Water	Two ½ liter bottles
Non-Perishable Food	Granola bars, crackers, etc.
Medications, Spare Glasses/Contacts & First Aid supplies	A few day’s supplies
Family Photos	For identification purposes if separated
A Pocket-Knife or Leatherman Tool	To cut food, duct tape, fix things, etc.
A Dust Mask	For contamination protection
A Change of Clothes, Underwear, Sturdy Shoes, Hat	Seasonal appropriate clothing
Personal Hygiene Items	Toothbrush, toothpaste, etc.
Small Amount of Cash	Small denominations and coins (ATMs may not work)
Flashlight with Extra Batteries (or a self-charging light)	To aid in evacuation or searches
Whistle	To help others find you
Small Battery Operated or a Self-Charging Radio	Keep updated on disaster information
Maps (local and surrounding areas)	Know routes to evacuation areas or shelters
Paper, Pencils and Permanent Markers	To record info
An Extra Set of Keys	For home, auto, etc.
Feminine Hygiene Products	Depends on the individual
Small Toys, Playing Cards, Books, Games	Depends on the individual

INFORMATION KIT

Information we use every day is readily available to us through many different mediums. But what if the power goes out or you cannot get on the internet to look up what you need? In an emergency you will still need to provide important information to service providers, hospitals, or other groups. Having this information available will make a big difference to you and your loved ones.

Making electronic copies of important documents such as insurance, medical information, contracts or photo inventories of your home is very important. Scan these items and put the files on a secured flash or thumb drive. You may also want to keep hard copies of some documents in an envelope in a water proof container just in case there are no computers available. Your information kit should include the following items:

<input checked="" type="checkbox"/>	Documents
	Birth certificates of each member of the household
	Marriage certificate
	Death certificates
	Drivers licenses or identification cards
	Insurance (health, dental, life, property, etc...)
	Children's immunization records
	Pet's vaccination records
	Passports
	Current photos of each member of the household
	Wills, deeds, trusts, medical directives, etc.
	Bank account information
	Credit account information
	Stocks, bonds, mutual funds, annuities, etc.
	Inventory of household items (include photo/video inventory)
	Inventory of high value personal items (include photo/video inventory)
	Mortgage, tax information, etc.
	Current photos of pets with family members in case of separation.
	Digital copies of computer files
	Local maps
	School, day care, or adult care provider information
	Copies of "Emergency Contact Cards"
	Hard copies of cell phone contact directories

EMERGENCY CONTACT INFORMATION

Complete this form and place the information in your "Go Bag." Photocopy if additional pages are required.

Family Member Full Name	
Relationship to you	
Gov't issued identification card #	
Medications/Allergies/Health Information	
Additional health information	
Family Member Full Name	
Relationship to you	
Gov't issued identification card #	
Medications/Allergies/Health Information	
Additional health information	
Family Member Full Name	
Relationship to you	
Gov't issued identification card #	
Medications/Allergies/Health Information	
Additional health information	
Family Member Full Name	
Relationship to you	
Gov't issued identification card #	
Medications/Allergies/Health Information	
Additional health information	
Family Member Full Name	
Relationship to you	
Gov't issued identification card #	
Medications/Allergies/Health Information	
Additional health information	

FOOD AND WATER

Being prepared for any emergency is a top priority for our homes and families. One of the best ways to be prepared is to create an emergency kit and make sure you have adequate food and water included in your kit.

Nutrition Tips - During & after a major disaster, it is critically important for you maintain your strength:

- Eat at least one well-balanced meal/day; drink enough liquid to enable your body to function (at least 2 quarts/day).
- Take in enough calories to enable you to do necessary work. Include vitamin and protein supplements in your kit.

Suggested Food Supplies - A cost efficient way to build up your emergency food supplies is to add items every few weeks. Start by collecting a three day supply of nonperishable food. Try to include foods that your family will enjoy and that are also high in calories and nutrition. Include comfort foods for your family members. Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may help those who are ill or seniors.

How to Cook - For emergency cooking, you have several options. Hopefully, you have some pots or pans from your kitchen available. If your home has a fireplace, use it. You can use a BBQ grill, a camp stove, fire pit or propane BBQ & cook outdoors.

Priority of Use - If there has been a major disaster and you are unsure when assistance will reach you, consider the following priorities for using your food stores.

- First, use perishable food and foods from the refrigerator.
- Second, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least three days.
- Third and finally, begin to use your emergency food stores of non-perishable foods and staples.

Water - Store a total of at least one gallon per person, per day. You should store at least a five|day supply of water for each member of your family. If supplies run low, never ration drinking water. Ration the water used for hygiene and food preparation instead. Drink the amount you need today, and try to find more for tomorrow.

How to Store Water - Store your water in sealed containers on a shelf or on a pallet in a dark location. Replace your emergency water every 6 months. Like food and batteries, water will expire!

Emergency Water Sources - There are alternative water sources in your home. If a disaster catches you without a stored supply of clean water, you can use the water in your hot-water tank, pipes and even melted ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl). Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines.

Purify Water - In addition to having a bad odor and taste, contaminated water can contain microorganisms which cause diseases such as dysentery, typhoid and hepatitis. If you have questions about the quality of the water you are using for drinking, food preparation or hygiene, purify it before drinking. There are many ways to purify water. None is perfect. Often the best solution is a combination of methods. Two easy purification methods are boiling and disinfecting. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.

BOIL - Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers.

DISINFECT - You can use household liquid bleach to kill microorganisms. Use eight drops of liquid bleach per gallon. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Shake and let sit for 30 minutes.

LOOK FOR HOME HAZARDS

A study published by the University of California, Los Angeles (UCLA) reports that 55% of all home injuries during the 1994 Northridge earthquake were caused by falling furniture or object. Many of these injuries could have been prevented by taking the time to remove or secure these items before the earthquake.

As a family, take the time to go to each room in your home as well as the garage, patio and entry areas and identify areas or items that need to be secured or repaired. Not all homes will have the same issues or items to address. Here is a basic checklist you can use to get started on your home hazard hunt.

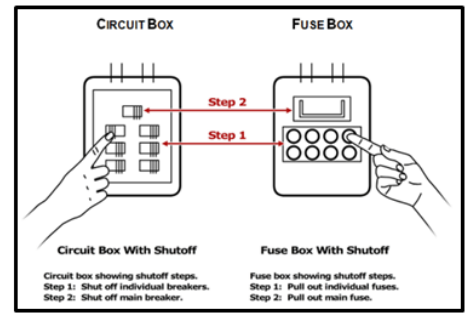
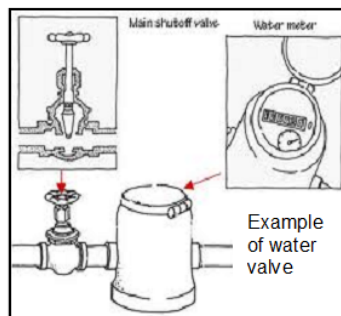
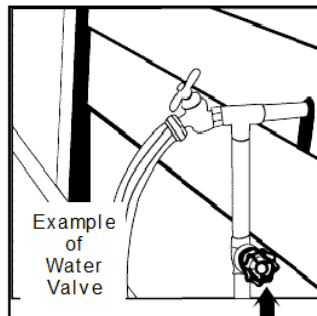
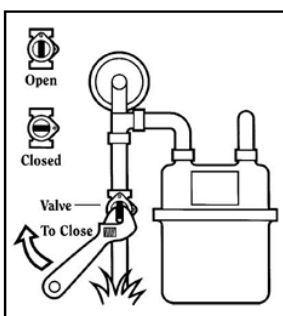
<input checked="" type="checkbox"/>	Household Hazards To Address
	Relocate or securely fasten heavy pictures, artwork, mirrors or other items away from beds
	Bookshelves, wall units, entertainment centers, etc. should be securely fastened to the wall with security straps
	Place large or heavy objects on the lowest shelves of bookcases or wall units
	Brace overhead lighting or fan fixtures
	Secure appliances such as refrigerators, freezers, etc.
	Secure cabinets to studs in the wall
	Use latches designed for child proofing, earthquakes or boating safety to keep cabinet doors from flying open and the contents falling out
	Secure electronics with nylon/Velcro straps found at home improvement centers: computers, microwaves, flat screen televisions, surround sound speaker systems, etc. are good examples of items to secure
	Secure water heater to wall studs with a strap. The water and electrical connections should be flexible.
	Store weed killer, pesticides, paint, cleaning supplies, and other flammable fluids away from heat sources
	Place oily polishing rags and waste products in a metal can.
	Secure chimney with steel straps and steel angle bracing to roof rafters.
	Clean and repair chimneys, flue pipes, vent connectors, gas lines and gas vents.
	Repair any defective electrical wiring, switches or plugs as soon as possible
	Check for and immediately repair any leaking gas connections or pipes
	Know how, when and where to turn off utilities. Do not turn off the gas meter unless you have been instructed to do so or you smell gas. The gas utility must be restored by a trained utility staff member after being turned off.

Gas Valve

House Water Valve

Main Water Valve

Electric Panel



STAY OR GO

Depending on the emergency, you may decide to evacuate or shelter in place.

During some emergencies it is not safe to go outside. You may not receive information immediately. You should always have a battery powered or hand crank radio as part of your emergency kit so you can learn about conditions and get updated information. Televisions and the internet are good resources if they are available. Use a radio: listen to FM - KKJZ 88.1 or AM - KNX 1070, KFWB 980 or KFI 640. These radio stations will broadcast emergency alert information for the Long Beach and Los Angeles County areas.

Decide to Stay or Go - Assess the situation:

- Does the building appear to be unsafe to remain in?
- Can you return to the building or not? Will you stay somewhere else?
- Administer first aid and help any seriously injured person(s).
- If you are home, check for damage with a flashlight. Do not use a candle or matches to turn on electrical switches.
- Check for any fires, electrical or other hazards. Check for spilled bleach, gasoline, or other fluids that may produce deadly fumes when mixed or be a fire hazard.
- Sniff and listen for any gas leaks, starting at the water heater. In the event that you smell gas or hear a loud hissing sound, shut off the gas at the meter, open windows and evacuate the premises immediately.

Shelter in Place – Authorities may mandate this strategy

In a biological or chemical emergency it might be necessary to shelter in place and seal the room. This is considered a short term strategy. Choose a room with few or no windows. Key point to remember:

- Make sure all family members and pet are inside together.
- Make sure your basic emergency supply kit is with you.
- You will need your battery operated or hand crank radio for updates
- Turn off any type of ventilation or heating systems
- Seal off any openings, windows, doors and vents with duct tape and plastic sheeting. Plastic sheeting (10 foot by 10 foot) should be cut ahead of time.

In a public safety lock-down emergency, you may be asked to shelter in place by staying in your home. This is considered a short term strategy. Key point to remember:

- Make sure all family members and pet are inside the home together.
- You may need your battery operated or hand crank radio for updates.

Evacuate

In some circumstances, you may be advised to leave the area by local authorities. In other circumstances, local officials may decide that the hazards are serious enough to require mandatory evacuations. You may decide to leave the area on your own. Regardless of how the decision is made, have a plan for when you must to leave your home. Also remember to

- Follow the evacuation instruction from public safety officials. Use travel routes specified by local authorities — don't use shortcuts because certain areas may be impassable or dangerous.
- Call or email the out-of-state contact in your family communications plan. Tell them where you are going.
- Dress appropriately, wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a cap. Bring seasonally appropriate outer wear for your comfort. Take your pets with you.
- Stay away from downed power lines.
- Leave a note telling others when you left and where you are going. Check with neighbors who may need a ride.
- Take your "Emergency Supply Kit", your "Go Bag" and your "Car Kit" unless you have reason to believe they have been contaminated.

BE INFORMED

The best way to be informed is to get connected to the information that local authorities will communicate during and after an emergency happens. By reading the following information and signing up as necessary, you will find out how to get connected! Register for the following notification programs and get information directly from local authorities.

NIXLE

The Long Beach Police Department has a new way of communicating important, time-sensitive information to the community via live text* and/or email alerts. Go to www.nixle.com and follow the instructions provided.



eNotify

Sign up for E-Notify, the City's free email subscription service. Go to the City's website at: <http://www.longbeach.gov/enotify/default.asp> and select Disaster Preparedness to receive updates and information specifically related to Disaster Preparedness in Long Beach.



Reverse 9-1-1

The City's Reverse 9-1-1 system allows you to receive emergency notifications that affect your home very quickly. The City's Reverse 9-1-1 system will automatically call listed and unlisted telephone numbers within the affected area and deliver a recorded message. You can **register your cell phone(s)** to this service on the City of Long Beach website at <http://www.longbeach.gov/R911/>.



Safe and Well

Stay connected with your family after a locally declared disaster. Register yourself on the Safe and Well website at www.safeandwell.org. Through this site, you can post messages to your family and they will know that you are safe and well.



CERT

Sign up to take Community Emergency Response Team (CERT) training at <http://www.longbeach.gov/fire/cert/>. This is a free program taught by the Long Beach Fire Department to help train you to become self-sufficient during major disasters.



Long Beach Area News Sources

Radio

88.1 FM



Television

Charter Channel 3 or
FiOS Channel 21



City of Long Beach Website: <http://www.longbeach.gov>

City Social Media - You can also sign up for any of the City of Long Beach social media accounts and receive information on a disaster.

www.facebook.com/CityofLongBeachCA

<https://twitter.com/LongBeachCity>

www.youtube.com/user/LongBeachCityCA

COMMUNITY PARTNERS

If you are in a life threatening situation, call 911 for assistance. The City of Long Beach has several departments that provide informational resources to assist in developing your emergency response plans. Please visit the following websites for suggestions on emergency planning:

Disaster Preparedness

<http://www.longbeach.gov/disasterpreparedness/>

Health and Human Services

<http://www.longbeach.gov/civica/filebank/blobdload.asp?BlobID=9067>

The Greater Long Beach Chapter of the American Red Cross serves more than 1.7 million people across 21 cities and the Port of Long Beach. They provide:

- Food and shelter for victims of local disasters
- Training in emergency preparedness
- Teach life-saving skills
- Provide emergency communication for military families
- International communication to locate family members separated by disaster or warfare
- Youth programs such as Safe Kids Training and Leadership Development Center Camp



Please visit: <http://www.redcross.org/ca/long-beach> or call: 562.595.6341



Community Emergency Response Team's (CERT) mission is simple: To do the greatest good for the greatest number of people when a major disaster strikes our community. CERT's are formed by members of a neighborhood or workplace who want to be better prepared for the hazards that threaten their communities. Your Long Beach CERT Volunteers in cooperation with the Long Beach Fire Department are committed to this community's disaster preparation.

When a major disaster does strike, you will have the skills & knowledge to assist neighbors, co-workers and professional rescue personnel. Your leadership and care will help those around you after a major disaster until professional emergency services arrive. Please visit: lbfd@longbeachcert.org or call: (562)570-LBFD and leave a message.

City of Long Beach Emergency Phone Numbers:

Emergencies: Dial 911

- | | |
|-----------------------------------|--------------|
| • Gas Department: | 562.570.2140 |
| • Water and Sewer: | 562.570.2390 |
| • Public Works: | 562.570.2700 |
| • Police Non-Emergency | 562.435.6711 |
| • Fire Non-Emergency | 562.570.9400 |
| • City Emergency Information Line | 562.570.5252 |

Family Communications Plan Card

Every family member should have a copy of this card with them at all times. You can place a card in your wallet, purse, or even in your car. Tape a copy inside your child's school bag.

Share with your out-of-town contact. **Photocopy this page, fill in information and then cut.**

FOLD HERE	
<div><div><div>Local Contact Name:</div><div>Phone #</div><div>Out of Town Contact Name:</div><div>Phone #</div><div>2nd Phone #</div><div>Meeting Place:</div><div>Alternative Meeting Place:</div><div>I.C.E.</div></div><div><div><div>OTHER IMPORTANT PHONE NUMBERS & INFORMATION</div><div><div><div><div>Name/DOB:</div><div>Physician:</div><div>Physician Phone #:</div><div>Medical Needs:</div><div>Important Phone #s:</div></div></div></div></div></div></div>	<div><div><div>Local Contact Name:</div><div>Phone #</div><div>Out of Town Contact Name:</div><div>Phone #</div><div>2nd Phone #</div><div>Meeting Place:</div><div>Alternative Meeting Place:</div><div>I.C.E.</div></div><div><div><div>OTHER IMPORTANT PHONE NUMBERS & INFORMATION</div><div><div><div><div>Name/DOB:</div><div>Physician:</div><div>Physician Phone #:</div><div>Medical Needs:</div><div>Important Phone #s:</div></div></div></div></div></div></div>
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